June 2009

San Francisco Unified School District

Lunch K-6 Lunch Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
1 TERIYAKI MEATBALLS W/ RICE Baby Carrots Ranch Dressing Fresh Apple* Corn Muffin Milk **CHEESE PIZZA	2 CHICKEN TENDERS W/ POTATO WEDGES Fresh Orange* Ketchup BBQ Sauce Milk **MINI CHEESE RAVIOLI W/ RAGU SAUCE	3 GRILLED CHICKEN PATTY W/ GREEN BEANS Fresh Fruit BBQ Sauce Hamburger Bun Milk **MAC & CHEESE W/ GREEN BEANS	4 BEEF BAGEL DOG Potato Wedges Peach Cup Mustard Ketchup Milk **CHEESE PIZZA	5 PIZZA DIPPERS Ketchup Baby Carrots Ranch Dressing Fresh Pear Milk	Calories 685.3 Protein (g) 26.8 Calcium (mg) 422.4 Iron (mg) 4.1 Vit A (RE) 1060.6 Vit C (g) 27.2 Saturated Fat 8.2% Total Fat 26%
8 TORPEDO SANDWICH Baby Carrots Ranch Dressing Fresh Apple* Mustard Mayonnaise Mini Pretzels Milk **BEAN & CHEESE BURRITO	9 DELI COMBO Baby Carrots Ranch Dressing Fresh Apple* Mustard Mayonnaise Milk **TOASTED CHEESE SANDWICH	10	11	12	Calories 763.7 Protein (g) 28.4 Calcium (mg) 484.9 Iron (mg) 7.8 Vit A (RE) 2304 Vit C (g) 47.4 Saturated Fat 8.80% Total Fat 27.6%
15	16	17	18	19	
22	23	24	25	26	
29	30	The Joys of Summer		Check Us Out: http://portal.sfusd.edu/dept/sns ** VEGETARIAN OPTION FOR THAT DAY	

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